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SWDV 420

May 1, 2024

My Mental Health Website

For this course I decided to create a Mental Health Website for all mental health related resources and information. The functionality of my website is for simplicity and being able to read and understand very clearly the information being provided. I wanted something that would be calming and not too much for the user to be faced with. The purpose of this website is for support all mental health related issues and for people to have access to resources without the cost.

I chose a nice cream beige color for the background with a nice shade of purple for the heading to balance it all out. I have provided a calming therapeutic picture at the top to show the user it is a safe and relaxing place for healing. I then have the Click for Authorization purposes and a button that says “Click Here” to prompt the user to click the button. It then will change the text to “Welcome to bettering your Mental Health! There then is a description of what the website provides such as therapy, meditation, journaling, and the emergency hotline for any crisis. Then scrolling down, I have a mood tracker which allows the user to record their mode the “Record Mood” button timestamps the date and time of the day along with the mood that is selected by the user. Following that is a breathing exercise where it has “inhale and exhale” ten times printed for the user to use and come back to each time they need or to write down for themselves in future if they do not have access to the website. I then have listed the support for all different mental illnesses and more so it does not only limit to the ones listed. After that I have provided with the resources and then I dive deeper into each resource such as therapy being online, text, email or video chat, along with community support. Same goes for the meditation and journaling either pre-recorded audio or videos for exercises or prompts for journaling. I then ended it with the emergency crisis hotline to call along with 911 for any serious emergencies. I also have another picture of a woman journaling to end with as well as other outside resources for the user to explore if necessary.